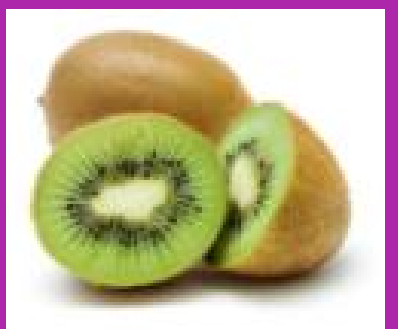




Smoothie Bike User's Guide



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BACKGROUND OF OPAL

Wouldn't it be great to...

- >> Give your children the best chance to be healthy?
- >> Live in a community where there are lots of ways to enjoy being active?
- >> Discover safe scenic paths to cycle or walk to work and school?
- >> Develop skills for preparing delicious meals that are good for you and your family?
- >> Understand food labels so you can plan healthy meals for your family?
- >> Feel healthier and have more energy to do the things you enjoy?

The City of Whyalla, the South Australian Government and the Australian Government think OPAL is a 5-year partnership between the State, Commonwealth and local governments. It's a positive and non-stigmatising program, with a focus on community-level changes that can help to make healthier options an easier choice for families and children. We'll be working with children's biggest influences – family, friends and peers across the places where children live, learn and play.

How will OPAL work?

OPAL will involve people and organisations working together across the whole community. Whyalla has an OPAL Manager and Project Support Officer based within the local council. They will work with individuals and a range of community groups – including schools, health services, council and private businesses.

Local committees with people from all walks of life will work together to find out what OPAL needs to help children and adults to be more active and make healthy eating choices. Sometimes that might mean making better use of existing programs. Sometimes, it will mean getting everyone's heads together to develop new programs. The result will be a community where it is easier for you and your family to live a healthy life.





WHYALLA ACTIVE TOGETHER CREATING HEALTH

Whyalla City Council has been successful in receiving funding for a Healthy Communities grant from the Department of Health & Ageing, which will expire at the end of June 2014. The grant will be used to deliver programs in the community that support healthy eating and deliver effective community based physical activities, as well as develop a range of policies to support healthy lifestyle behaviors in the City of Whyalla. The target age for the programs is 18 years and over.

[Our Programs](#)

Jumpstart

Hosted by Mission Australia, Jumpstart aims to increase adult's awareness and knowledge of healthy lifestyle options, including physical activity and healthy eating. It focuses on how healthy lifestyle choices affect our body and mind with a focus on self-esteem.

Shape up for life

Hosted by the University of South Australia, Shape up for life is designed to encourage behavior change and self-management through peer support, to achieve a lifelong commitment to a healthy lifestyle. It incorporates up to date information on weight management and health risk factors, healthy eating, and physical activity.

Beat It

Hosted by YMCA Whyalla, Beat It is a national tailored physical activity and lifestyle program (through the Australian Diabetes Council) designed to assist those at risk of, or living with diabetes and other chronic conditions.

Heart Foundation Walking

A free community based walking group program led by volunteer community members. The aim is to make walking enjoyable and easy, especially for people who are not used to being active. You can join an existing group or organize your own.

[For more information or to register for these healthy lifestyle programs and activities, contact the Healthy Communities Coordinator on \(08\) 8640 3425.](#)

KIT CONTENTS

- > **1 x Smoothie Bike (with 1 OPAL bike bell attached)**
- > **1 plastic tub, containing:**
 - 2 blenders, including: jug, grey seal, blade section, black base.
 - 1 dish washing brush
 - 4 measuring cups (1/4, 1/3, 1/2 and 1 Cup)
 - 1 x tyre pump
 - 2 x allen keys
 - 1 x Rock the Bike Fender Blender Manual
 - 1 x Smoothie Bike Users Guide

Wash all blenders and food tools in warm soapy water. Rinse before and after using them.

Wash blenders periodically during use.

Clean and dry all items after use (disassemble blender to clean thoroughly, dry and reassemble to return).

Please return all kit items, including this manual (equipment checklist included).

SAFETY

The following information is intended as a guide for safe use of the Smoothie Bike. It is not exhaustive and it is the responsibility of the borrower to conduct their own risk assessment prior to use and to ensure due care at all times.

Preparation (pre-event) safety

- Inspect and test the bike to ensure it is in good working order.
- Check and tighten all screws if required (allen key provided).
- Wash blenders and other food tools in warm, soapy water then rinse.
- Plan appropriate hand hygiene and food storage.
- Plan adequate sun protection for those waiting in line if outdoors.

Setup safety

- Re-inspect and test the bike to ensure it is in good working order.
- Re-check and tighten all screws if required (allen key provided).
- Set up rubbish bins/bags as required.
- Set up eskies and containers for food storage.
- Set up hand hygiene station as required (gloves, soap and water or sanitising hand gel/wipes, disposable paper towel, food handling gloves if required).
- Set up buckets to wash and rinse blenders (soapy water bucket, rinse water bucket, larger crate to tip water into).
- Always set up the Smoothie Bike on even, stable ground. If it's just a little bit unsteady while in use, stand facing the front of the bike, steady the front brace with a foot and steady the frame with your hands if necessary, while the user is pedalling.
- Set and keep a clear exclusion zone around the bike at all times and supervise closely to make sure waiting children can't reach any moving parts (e.g.. mixer, wheel, chain). Chalk is provided to mark an exclusion zone if you're on concrete or you could use rope if you are on grass or another surface.

Food handling safety

- Store food at appropriate temperatures (e.g. in an esky with ice) and keep protected from flies/insects.
- Clean hands and change gloves at the start and then as appropriate, before touching any foods.
- Avoid directly touching foods wherever possible (e.g. pour straight from packets into the blender, peel each banana as needed, use a spoon to get yoghurt out of jugs etc).



SAFETY

Cleaning safety

- Wash blenders and scoops/spoons in soapy washing water then rinse periodically during use.
- After use, clean all items thoroughly. Disassemble jugs by unscrewing black attachment section at base. Clean jug, black attachment, grey seal and blade. Dry thoroughly and reassemble.
- Take care to avoid the blender blades when cleaning. They're very sharp. Use a long-handled brush to wash jugs and blades while assembled.

Allergy safety

- Display a board listing the smoothies available and the ingredients of each (allergy awareness).
- Check with each rider if they have any food/drink allergies (especially if unaccompanied).

Safety in use

- Suitable footwear must be worn by each user. No bare feet.
- Tuck long shoelaces into shoes, so they won't catch on moving parts.
- Remove or tuck in long necklaces, lanyards or any other items that could catch on the bike while leaning forward or climbing on or off.
- Watch carefully as children climb on and off the bike and while they're on it. Warn users before starting not to touch anything other than the bike handles. Make sure they don't reach for any moving parts.
- Test to make sure the rider can reach the pedals and handle bars comfortably once seated and once they start pedalling. If not, ask for a stand-in person to pedal for them. They must stay seated to pedal.
- Adjust the seat height as necessary for safe riding. Never adjust while someone is on the bike.
- Only one person on the bike at a time – never holding a child.
- Keep the lid on the blender when it's connected to the bike. Never insert hands or objects into the blender when connected to the bike.
- Avoid touching sharp blender blades at all times.
- If the blender assembly has to be held in place during use to keep it engaged with the wheel, hold only the section that receives the blender attachment . Keep hands well away from all moving parts of the bike.
- Be sure the wheel has stopped turning and no-one will touch the bike pedals before touching parts around or under the blender platform.



OPERATING INSTRUCTIONS

Smoothie bike set up and use...

- Make sure the base of the blender jug (where the blender blades are housed) is assembled, including the grey seal, and firmly attached to the bottom of the blender jug.
- Fill the jug with ingredients before attaching the jug to the smoothie bike.
- Fit the lid onto the jug.
- Fit the jug onto the blender platform (black discs on the front of the bike). Make sure the base of the jug fits properly onto the square metal peg that will turn the blender blades.
- Check the blender and blender lid. Use the black elastic strap to secure the blender jug in place. You might need to hold the blender lid on during pedalling.
- Once ready and all safe, ask cyclists to start pedalling. Pedal fast enough and for long enough to blend ingredients and froth the drink.
- Bring the bike wheel to a complete stop before removing the blender.
- Pour the smoothie in the cup and enjoy (yum!)
- To stop the blender before the bike wheel stops turning or if you otherwise need to disconnect the blender attachment from the bike wheel: use the flat-head screw driver to loosen the silver bolt on top of the black blender platform and then twist the platform clockwise . This will disconnect the platform from the front tyre.

Please ensure that you test the smoothie bike once you receive it prior to your event. If there are any problems with the function of the bike, do not use. Contact OPAL or Healthy Communities straight away.



TIPS FOR SMOOTH RUNNING

Ideas to help your smoothie bike sessions run smoothly.....

- We recommend you have 2-3 people working together on the smoothie bike. You'll need to take money, supervise riders, manage/supervise the line, load up the blenders with ingredients and clean the blenders periodically.
- Allow time to get the food area and bike set up before you let people line up or pay.
- Try to set up the spare blenders and cold/frozen ingredients in some shade.
- When busy, number the bottom of smoothie cups before use to help keep a fair order in the line (this can also help you track how many smoothies were sold if you want to know for cost calculations afterwards). Raffle tickets might also work to keep the line fair.
- There are 2 jugs in the smoothie bike kit. This means you can keep the same smoothie flavour in a couple of different jugs and always have a spare loaded up with ingredients and ready to go, without having to wash the jug out every time. Remember that for food safety, jugs must still be cleaned regularly.
- Pour ingredients such as frozen berries, yoghurt and milk straight from the containers or packets if possible, to reduce food handling and mess.
- Keep any cold or frozen ingredients that aren't in use in ice in a good esky. Keep items in use out of the sun and in ice if possible.
- Bananas don't need to be pre-prepared. Peel each banana as needed. Squeeze out the top half of the banana, then store the other half (still in the skin) until needed.
- Ripe bananas can be peeled and frozen in advance and added to the blended in it's frozen form to create a thick, icy smoothie.
- Get an idea of minimum height for safe riding (able to pedal properly while still seated), so you can pre-empt the kids that might be too small and ask for a taller friend or parent to ride the bike for them.
- Allow approx 2—3 minutes per smoothie (20-30 smoothies per hour) if you have 2 people helping.



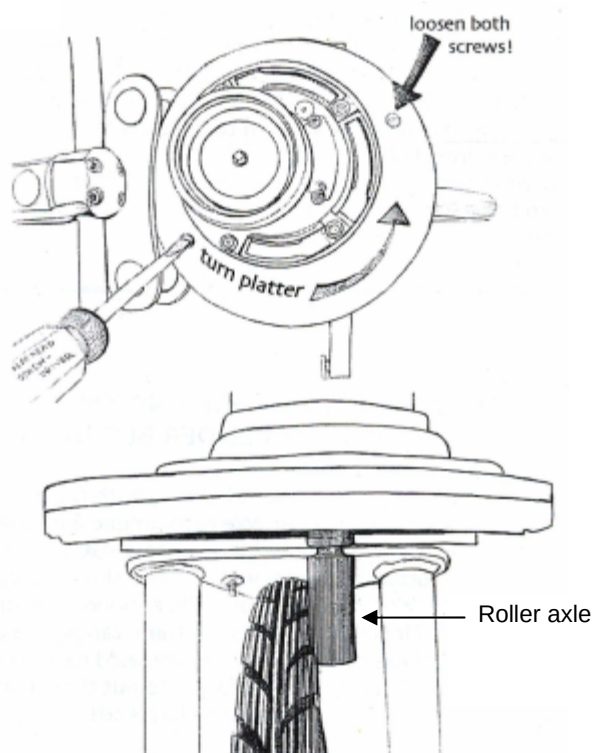
TROUBLESHOOTING

Problem: The blades are not turning even though I am pedalling.

Firstly, *stop pedalling*. Detach the blender to check that the jug has been correctly placed on the platform and try again. If it was placed correctly but there is still not movement, detach the blender from the bike and visually check to see if there are any food ingredients caught under the blades. This is most common with large pieces of firm fruit such as apples. Shake to dislodge any food ingredients that may be wedged under the blades. Return the blender to the original position. If the blades are still not turning, you may need to physically dislodge the food ingredients using a long utensil such as a fork or spoon. **Do NOT you use your hands!**

If the blender is still not rotating, check the contact between the roller axel (silver cylinder located underneath the blender platform) and the tyre. Is the cylinder rotating with the bike wheel when it is being pedalled? If the roller axel is not turning with the wheel, you will need to adjust the contact pressure. To do this, loosen the two screws on the top surface of the blender platform by approximately one turn. Rotate the blender platform anti-clockwise. This rotation will push the roller up against the tyre. After increasing the contact pressure, re-tighten the screws. Check to make sure the roller axel is now rotating with the wheel and that it is not touching the metal rim of the wheel. If it is, re-adjust.

If the problem persists, check that the tire is firm. The tire pressure should be between 60-70 psi.



Problem: How do I adjust the handlebars or seat height?

If the handlebars are loose simply move them into the desired position and tighten using the allen key provided. If the seat needs adjusting, open the quick release located underneath the seat and adjust to the required height. Ensure the quick release is closed before sitting on the seat.

Problem: The chain has become loose or fallen off of the bike. How do I fix it?

The chain should be fairly tight along the lower section of the chain. To service this, use an allen key to loosen the screw holding the bike chain and wheel in place. Pull the wheel back until the chain is tight along the lower section and tighten the screw again using the allen key.



SMOOTHIE RECIPE IDEAS



Fruit Smoothies

1 cup of reduced-fat or skim milk

1/2 cup of low fat yoghurt (i.e. vanilla, berry)

1 serve cup of chopped fruit, such as

- > **1 bananas**
- > **¾ Cup of frozen berries**
- > **¾ Cup of tin fruit such as apricots, peaches or mangoes, juice drained**
- > **A combination of different fruits, i.e. ½ banana + ½ Cup frozen berries**

Put milk, yoghurt and fruit into a blender and pedal! Blend until smooth and frothy.

Apricot Lassi

Lassis are tasty yoghurt based drinks that originated in India

Blend **1/2 cup of canned apricots with juice**, and **1/2 cup of low fat yoghurt (natural or vanilla flavour)** and **3 ice cubes**. Pedal until foamy and smooth.

Variation:

Substitute the apricots for another tinned fruit or your favourite fresh fruit. Mangos, bananas and berries work really well.



CONDITIONS OF USE

OPAL and WATCH support Whyalla children and families to eat well and be active. Smoothies made with the Smoothie Bike must be considerate of this.

- > Please use reduced-fat or skim milk.
- > Please use low-fat yoghurt.

Please do not use: flavoured milks, flavour syrups, sugar or sugar syrup, toppings, coffee, ice-cream or added lollies etc.



MORE RECIPE IDEAS



Very Berry

4 strawberries

1 cup of milk



Smooth Banana

1 ripe banana

1 cup of milk



Banana Berry

1 ripe banana

3 strawberries

1 cup of milk



Kiwi Apple

1 kiwi fruit

$\frac{1}{2}$ apple

$\frac{1}{2}$ cup juice

$\frac{1}{2}$ cup water



Citrus Crush

1 orange/mandarin

$\frac{1}{2}$ cup juice

$\frac{1}{2}$ cup water

HOT TIPS

You may wish to add cinnamon or honey for extra taste.

Consider fruit or vegetables which are in season. They will probably taste better and may be cheaper as well!

Compare the unit price (e.g. per 100ml) between brands for best value. Look for specials and consider generic brands.

Purchase cold and frozen ingredients in sizes that are easy to store in eskies while not in use. This will make it easier for you to manage on the day. If purchasing in larger sizes for cost saving, consider dividing into smaller portions.

Consider ordering your fruit or buy a few days prior to ensure ripe fruit on the day (especially bananas).

Think about the size of cup you would like to use on the day. You may want to halve the recipes if using small cups.

Don't forget, you can use all different kinds of fruits or mix up these recipes too!

You can try mixed berries, mangoes, watermelon or even fresh vegetables such as carrot, tomatoes or cucumbers.

SHOPPING SUGGESTIONS

- Remember to buy reduced-fat or skim milk and reduced-fat yoghurt for use with the smoothie bike.
- Compare the per 100ml/100g/kilogram prices between brands for best value, look for discounts and consider cheaper generic brands.
- Purchase cold and frozen ingredients in sizes that are easy to store in the esky while not in use and easy to manage when you're making the smoothies.
- If purchasing in larger sizes for cost saving, consider dividing ingredients into smaller containers that will be easy to handle while making the smoothies.
- If there are no facilities for pre-event storage of cold and frozen ingredients, plan to shop just before the event and store in ice eskies as soon as possible.
- Consider buying partially ripened bananas a couple of days before your event, in case ripe ones aren't available on the day.



PRICING SUGGESTIONS

- Our feedback suggests that approx 200ml of smoothie is a suitable size for children, poured into a larger sized cup to reduce spills.
- Consider pricing at \$2 for fundraising purposes (200ml smoothie). A gold coin donation is usually a \$1 donation and this is unlikely to make enough profit for your efforts.
- Estimate the number of smoothies you can make in the time available and with quantities of ingredients available and amount of time smoothie bike will be in use.
- It's difficult to give exact costings for smoothies as ingredients, package sizes, product brands and smoothie serve sizes might vary.

Below is one example of costings for the 'Banana Smoothie' recipe

This costing is to make 30 recipes which will produce approx 90 smoothies (approx 3 smoothies per recipe). Prices are approximate.

You will need:

> 30 medium sized bananas @ approx \$3/kg	\$15
> 7.5L home-brand reduced-fat milk (2 x 3L + 1 x 2L)	\$8
> 4L of low-fat yoghurt (4 x 1L)	\$20
(i.e. Ski D'Lite and Yoplait Lite varieties)	
<i>Total expenditure</i>	\$43
<i>Smoothies produced</i>	90
<i>Cost per smoothie</i>	\$0.48

Note:

- > Allow approx 5 minutes per recipe (12 recipes per hour)
- > Jugs will also fit double recipes. Making smoothies this way can be more efficient in busy times.





OPAL by EPODE is a joint program of Australian, State and Local Governments.



Whyalla Active Together Creating Health

Supporting Whyalla to Eat Well and Be Active

OPAL is a 5-year partnership between the State, Commonwealth and local governments. It's a positive and non-stigmatising program, with a focus on community-level changes that can help to make healthier options an easier choice for families and children. We'll be working with children's biggest influences – family, friends and peers across the places where children live, learn and play. For more information, please contact the OPAL team on 8644 0785.

WATCH stands for Whyalla Active Together Creating Health (WATCH) and is funded as a part of the federal government Healthy Communities Initiative. The project aims to assist residents to become healthy and active through the implementation of organised physical activity, healthy eating and educational programs to guide them in making healthy lifestyle choices. For more information, please contact the Healthy Communities Coordinator on 8640 3425.



Australian Government

